

FUEL UP

# Time for Clementines

Just two of these sweet, juicy, seedless, and easy-to-peel nuggets have over 100% of your recommended daily intake of vitamin C. Now, that's impressive!

## TOSS

Add peeled segments to a salad of kale, sliced almonds, and feta cheese crumbles.

## PEEL WITH EASE

See if you can get the peel off in one try. Invite your kids to take this peel challenge, too!

## SMOOTHIE-WORTHY

Blend clementines with frozen banana, milk, and yogurt.

